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|---------------|
| MO / LU |
| 12.15 - 13.10 |
| 19.00 - 19.55 |

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|-----------------|
| DI / MA |
| 12.15 - 13.10 |
| 18.30 - 19.25 * |

| |
|---------------|
| MI / ME |
| 09.00 - 09.55 |
| 18.30 - 19.25 |

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|---------------|
| DO / JE |
| 12.15 - 13.10 |
| 18.30 - 19.55 |

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| FR / VE |
| 12.15 - 13.10 |

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|---------------|
| SA / SA |
| 10.00 - 11.25 |

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|---------------------------|----------------------------|-----------------------|-----------------------------|
| 4 | 11 | 18 | 25 |
| Low End Roberto | High End Roberto | Hill Soraya | Interval Matthias |
| Low End Franck | Interval Franck | Hill Franck | High End Franck |

| | | | |
|---------------------------|-----------------------------|-----------------------------|----------------------------|
| 5 | 12 | 19 | 26 |
| High End Prisca | Low End Prisca | Interval Prisca | Hill Prisca |
| Hill Philippe | Interval Philippe | High End Philippe | Low End Philippe |

| | | | |
|---------------------------|---------------------------|--------------------------|-----------------------|
| 6 | 13 | 20 | 27 |
| High End Fabien | Interval Fabien | Low End Fabien | Hill Fabien |
| Low End Fabien | High End Fabien | Interval Paul | Hill Paul |

| | | | |
|---------------------------|--------------------------|---------------------------|--------------------------|
| 7 | 14 | 21 | 28 |
| Low End Tania | High End Tania | Hill Tania | Interval Tania |
| Interval Soraya | Hill Soraya | High End Soraya | Fartlek Soraya |

| | | | | |
|---------------------------|---------------------------|-----------------------|--------------------------|---------------------------|
| 1 | 8 | 15 | 22 | 29 |
| Interval Prisca | High End Prisca | Hill Prisca | Low End Prisca | High End Prisca |

| | | | | |
|-------------------------|--------------------------|---------------------------|--------------------------|-------------------------|
| 2 | 9 | 16 | 23 | 30 |
| Fartlek Tania | Fartlek Soraya | Fartlek Roberto | Fartlek Franck | Fartlek Tania |

Kursprogramm : März 2019 Programme des cours : Mars 2019 Indoor Cycling

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|-----------------|---------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|
| MO / LU | 1 | 8 | 15 | Ostermontag | 29 |
| 12.15 - 13.10 | Low End Roberto | Hill Roberto | High End Roberto | Fällt aus / annulé | Interval Roberto |
| 19.00 - 19.55 | Low End Franck | Interval Franck | Hill Franck | Fällt aus / annulé | High End Franck |
| DI / MA | 2 | 9 | 16 | 23 | 30 |
| 12.15 - 13.10 | High End Prisca | Low End Soraya | Interval Prisca | Hill Prisca | High End Prisca |
| 18.30 - 19.25 * | Hill Philippe | Interval Philippe | High End Philippe | Low End Philippe | Hill Philippe |
| MI / ME | 3 | 10 | 17 | 24 | |
| 09.00 - 09.55 | High End Fabien | Interval Fabien | Hill Prisca | Low End Fabien | |
| 18.30 - 19.25 | Interval Fabien | Low End Paul | High End Paul | Hill Fabien | |
| DO / JE | 4 | 11 | 18 | 25 | |
| 12.15 - 13.10 | Low End Fabien | High End Matthias | Interval Matthias | Hill Fabien | |
| 18.30 - 19.55 | Interval Soraya | Hill Soraya | Fartlek Soraya | High End Soraya | |
| FR / VE | 5 | 12 | Karfreitag | 26 | |
| 12.15 - 13.10 | Interval Prisca | High End Matthias | Fällt aus / annulé | Low End Prisca | |
| SA / SA | 6 | 13 | 20 | 27 | |
| 10.00 - 11.25 | Fartlek Roberto | Fartlek Franck | Fartlek Tania | Fartlek Soraya | |

Kursprogramm : April 2019
Programme des cours : Avril 2019
 Indoor Cycling